

The Grid is a tube-like object and when used on a consistent basis, I promise you it will transform your running and your day-to-day comfort. And who doesn't want that?

You may have heard of foam rollers, so what's the difference? A foam roller compresses over time, whereas the Grid is hollow with little protruding nobby bits. These little bumps really know how to access our tight muscles. So all in all the Grid will not only last a lot longer, (saving £££'s) but also say good bye to nasty knots fast.

So how to use it in the most effective way?

Watch this video and find out. For the sake of time, (we all like quick and easy how-to's) I show 3 of the 5 muscle groups you can target. But it's up to you. You know which part of your body is the tightest, so be your own physio for a moment and dive into the world of Grid.